

Location	Rhythm	Nutrition	Equipment
In/Out	No	Yes	None

Get Ready:

- Make a list of foods that are considered **healthy** (e.g., bananas, broccoli, fish) and foods that are **unhealthy** (e.g., soda, candy, cake).
- Next, make a list of activities that are considered **healthy** (e.g., riding a bicycle WITH a helmet, dancing, playing soccer, doing your homework) and a list of activities that are **unhealthy** (e.g., texting while driving, too much screen time, riding a bicycle WITHOUT a helmet).
- You don't need to make a list if you can think of these things easily!

Directions:

- This is a game where I am going to call out healthy and unhealthy foods and healthy and unhealthy activities. When I call out something healthy, everybody should **DANCE**. When I call out something unhealthy everyone should **HOP on one or both feet or spin in a circle**.
- Everyone start by (**marching in place, jogging in place, doing squats, balancing on one foot, etc.**). When I call out something unhealthy, remember to **hop!** If I call something healthy, **dance!**

Tips:

- Incorporate more movement concepts. For example, when something unhealthy is called, everyone should **move more slowly**, when something healthy is called, **move faster**. Mix it up (e.g., unhealthy—**make small movements**; healthy—**make big movements**). Be creative.
- Choose physical activities that all students can complete, such as shoulder taps or arm circles, to make the activity more inclusive.

Standard Connections

Did You Know?

- There are many fun ways to be **physically active**, but **sometimes being physically active is NOT healthy** (for example, riding your bike without a helmet).
- Make sure you are being safe whenever you are being **physically active**.

Show and Tell!

- ✓ *Tell me* an activity that you do that makes you breathe really hard AND that you need to take extra steps to be safe (*shin guards in soccer, helmets in football, lifeguards in swimming*).
- ✓ *Show me* your best dance for your favorite healthy activity!

Try This at Home

- Talk to your family and friends about **being safe while you are being physically active**. Talk about all the ways that you **practice being safe** while you are being active and breathing hard!
- Try to learn what their favorite **physical activity** is and how they **stay safe**. Be active and safe together!
- Ask an adult to help you find a new healthy recipe you've never tried before. Visit the Food Hero website here: <https://foodhero.org/recipes/healthy-recipes>.

